

Watchung Recreation Presents
MR. B'S
SPORTS CAMP

When: January 18th, 2016
Time: Morning Session 9:00 AM to 12:00 PM
Afternoon Session 12:30 PM to 3:30 PM
Where: Valley View Middle School
Who: Any student in 4th through 8th grade
Cost: \$50 per session
\$85 for both sessions

MORNING SESSION

Our morning session will focus on basketball. The campers will be taught the rules and fundamentals of the game through drills, game situations, and actual games. The instruction will focus on numerous skills including, man to man defense, zone defense, ball handling, passing, lay-ups, shooting, screening, how to use a screen, court awareness/spacing, and communication. Additionally, campers will be shown conditioning exercises designed to improve motor skills and athleticism.

AFTERNOON SESSION

Our afternoon session will focus on fun. Campers will spend their time **PLAYING** a variety of games including volleyball, European handball, rabbit/hunter, dodge football, indoor 3 on 3 football, and more.

Lunch will not be offered but campers can bring food, drinks, and snacks to camp.

REGISTRATION TO BE FILLED OUT ON BACK